



INDEX OF SEXUAL SATISFACTION (ISS)

Name: _____ Today's Date: _____

This questionnaire is designed to measure the degree of satisfaction you have in the sexual relationship with your partner. It is not a test, so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows.

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

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1. ____ I feel that my partner enjoys our sex life.
 2. ____ Our sex life is very exciting.
 3. ____ Sex is fun for my partner and me.
 4. ____ Sex with my partner has become a chore for me.
 5. ____ I feel that our sex is dirty and disgusting.
 6. ____ Our sex life is monotonous.
 7. ____ When we have sex it is too rushed and hurriedly completed.
 8. ____ I feel that my sex life is lacking in quality.
 9. ____ My partner is sexually very exciting.
 10. ____ I enjoy the sex techniques that my partner likes or uses.
 11. ____ I feel that my partner wants too much sex from me.
 12. ____ I think that our sex is wonderful.
 13. ____ My partner dwells on sex too much.
 14. ____ I try to avoid sexual contact with my partner.
 15. ____ My partner is too rough or brutal when we have sex.
 16. ____ My partner is a wonderful sex mate.
 17. ____ I feel that sex is a normal function of our relationship.
 18. ____ My partner does not want sex when I do.
 19. ____ I feel that our sex life really adds a lot to our relationship.
 20. ____ My partner seems to avoid sexual contact with me.
 21. ____ It is easy for me to get sexually excited by my partner.
 22. ____ I feel that my partner is sexually pleased with me.
 23. ____ My partner is very sensitive to my sexual needs and desires.
 24. ____ My partner does not satisfy me sexually.
 25. ____ I feel that my sex life is boring.